

What birth control methods are offered?

We offer various birth control methods including condoms, birth control pills, Depo Provera injections, IUDs, diaphragms and others. If you want a method that we do not offer, you may have to pay, or we may refer you to another provider. Condoms are available at the front desk at any time without a prescription.

Your medical history or risk factors may limit the methods that are right for you. After your exam, your provider will tell you about the birth control methods that are safe for you. We can provide some methods, such as condoms, Depo injections, or birth control pills, the same day. For others, such as IUD, you have to return another day for a different appointment.

After deciding on a method, the provider will give the information you need to use it safely—when to start, possible side effects, how to recognize a problem, what to do if you have to stop, and what to do in case of an emergency.

What if I have a problem or question?

For problems or questions, call us at 692-4223 between 8:00 and 4:30, Monday through Friday, to make an appointment or to speak to a nurse. For problems after hours that cannot wait or a medical emergency, go to the hospital emergency room:

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| Pardee Hospital | 800 N. Justice St. Hendersonville | (828) 696-1000 |
| Park Ridge Health | 100 Hospital Drive Fletcher | (828) 684-8501 |

Protecting Your Medical Records

Your information is confidential. We won't share it with anyone without your permission.

Emergency Contraception

If you are worried about getting pregnant because you had sex without a birth control method (unprotected sex), because your method failed (the condom broke), or because you were forced to have sex, you can ask for emergency contraception.

When you call, ask for a same-day appointment and explain why or ask to speak to the nurse. Emergency Contraception may be used up to five days after unprotected sex, but it is best if used within 24 hours. It will not cause an abortion or stop a pregnancy that is already established.

How can I afford your services?

We will ask for information about your family size and your income to see how much you will need to pay. If you have insurance, family planning services may be covered. Many patients are eligible for Family Planning Waiver Medicaid, which may provide you with additional method options. If we think you might be eligible, we'll encourage you to apply. After we review your situation, we may ask you to pay a part or all of the cost, but if you can't pay, we will still provide the service.

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Henderson County Department of Public Health

Family Planning Services

Birth Control for Women and Men



The Department of Public Health is here to help you choose the birth control that's right for you at a cost you can afford and to help you plan the timing for your next pregnancy.

Service, convenience, and low cost are good reasons to choose us for your family planning care.

How do I make an appointment?

To schedule an appointment, please call 828-692-4223 between 8:00 and 4:30; choose option 3. You can call up to a month ahead to schedule a family planning physical exam. If you are having a problem, ask for a same day appointment. If no appointment is available, ask to speak to the nurse.

If you need to change or cancel an appointment, please notify us at least 24 hours in advance if possible. You can leave a message after hours at 828-692-4223 ext. 6502.

What happens at my first visit?

Plan to stay about two hours for the first visit. We'll ask how to contact you and for information about your family size, finances, and insurance coverage. Based on this information, you may be asked to pay for part or all of the cost of your services (a sliding fee), but we won't turn you away if you can't pay.

You will fill out a form to help us know more about you, your family history, and things that may put your health at risk. Your visit will include a complete physical exam and screenings for health risks such as high blood pressure, diabetes (when your body is unable to use glucose—a type of sugar), HIV and STIs (Sexually Transmitted Infections).

As a result of your exam, your provider may recommend some tests that are not part of the Family Planning Program. If you accept these tests, you would have to pay the extra cost.

Your provider will ask you to come back in twelve months for your next physical exam. You may be asked to come back sooner if you are starting a method for the first time or you are at risk for problems.

Family Planning for Women

Services for women include a physical exam and, if indicated, a breast exam, pelvic exam, or pap test. You'll also learn how to perform a breast self-exam.

If you are pregnant now and thinking about family planning services after the baby, ask for a family planning post partum appointment six weeks after the baby is born. In addition to a regular visit, we'll check to see if you have recovered from the delivery, offer breastfeeding support, and help you find a method that is right for you and your baby.

Family Planning for Men

Services for men include a physical exam and lab work if needed. You'll learn how to perform a testicular self-exam. Condoms are available at any time without an appointment.

Family Planning for Teens

Teens can access services on their own. Under state law, your information is kept private if you request it, but your provider will encourage you to include your parent or guardian in health decisions. If a serious condition is found during a health visit, your provider may need to tell your parent or guardian about it.

What can I do to stay healthy?

Your provider will review the results of your exam and recommend ways to improve your health and prepare for a healthy pregnancy in the future. Eating healthy foods, staying active, keeping a healthy weight, and avoiding smoking are important for everyone. In addition, taking folic acid at least three months before getting pregnant will reduce chances of certain birth defects. We can provide you with multivitamins with folic acid.

If you smoke cigarettes...

Smoking cigarettes can cause health problems for you, your unborn children, and the people you live with, especially children. Smoking can make it harder to get pregnant, to keep a pregnancy, or to have a healthy baby. There are many reasons to quit smoking, but you have to decide when you are ready. Most people who do quit smoking have tried to quit and failed many times before they quit for good. For help, call Quitline NC at 1-800-QUIT-NOW or 1-800-784-8669.

If you have a weight problem...

If you are overweight or underweight, your health risks are higher, and it can make it harder to get pregnant. Most people who live in the United States are either overweight or obese. If you would like to know more about a healthy weight for you, talk to the clinic nurse or your provider.

The tips below will get you started:

- Eat at least 5 servings of fruits or vegetables every day.
- Drink more water and fewer sugary drinks (such as soda).
- Be active for at least 30-60 minutes a day most week days.

If you need to be vaccinated...

We recommend proof of Rubella and Varicella vaccination to protect your future baby. Your provider will talk to you about all the vaccines you need to stay healthy. You can get your vaccines at our Immunization Clinic after your visit.

HPV Vaccine (Gardasil) is another important vaccine. It protects against the Human Papilloma Virus (HPV), a leading cause of cervical cancer. The vaccine requires three doses between the ages of 9 – 26 years and is available for men and women.

Preventing STIs and cancer...

Having certain sexually transmitted Infections (STIs) can make it harder to get pregnant or to keep a pregnancy. Many people think that birth control methods also prevent sexually transmitted diseases. This is not true. Use condoms for protection. A condom will protect against most sexually transmitted diseases.